

Love Not War

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Lene Mainz Pedersen (DK) - March 2021

Musik: Love Not War (The Tampa Beat) - Jason Derulo & Nuka : (iTunes)



Intro: 16 Counts from heavy beat

[1-8] MAMBO R, MAMBO L, MAMBO FW, MAMBO BACK

- 1 & 2 Rock R to R side, Recover on L, Step R beside L
- 3 & 4 Rock L to L side, Recover on R, Step L beside R
- 5 & 6 Rock R fw, Recover on L, Step R beside L
- 7 & 8 Rock L back, Recover on R, Step L beside R

[9-16] STEP R FW, PUNCH R-L-R, STEP L FW, PUNCH L-R-L

- 1 - 4 Step R to R diagonal with R fist/arm fw, punch L fist over R arm, under R arm, over R arm
 - 5 - 8 Step L to L diagonal with L fist/arm fw, punch R fist over L arm, under L arm, over L arm
- (OR simply heel bounce if you can't do the arms ☐ BUT TRY)

[17-24] V-STEP, ¼ PADDLE L X2

- 1 - 4 Step R to R diagonal, Step L to L diagonal, Step R back to center, Step L beside R ***
Restart wall 8
- 5 - 8 Step fw on R, Turn ¼ L weight on L, Step fw on R, Turn ¼ L weight on L (6:00)

[25-32] SAMBA R, SAMBA L, JAZZ ¼ R

- 1 & 2 Cross R in front of L, Rock L to L side, Recover on R to R diagonal
- 3 & 4 Cross L in front of R, Rock R to R side, Recover on L to L diagonal
- 5 - 8 Cross R in front of L, Turn ¼ R step back on L, Step R to R side, Cross L in front of R (9:00)

ENJOY ☐

RESTART: Wall 8 after Count 20

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